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Come and Take a Look

Betty Melcher
Iowa State College

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To Be An Apple Blossom
By Claire Chadwick

ALL, cut glass bottles, pretty pink and blue jars and fancy affairs from the drug store may make nice dressing table decorations. If decorations are what you want, then spend your pennies for them. But if you have a case of acne and want to get over it; if you want to look like an apple blossom in May, forget the jars and bottles. They have no place at all in an acne treatment.

Scrub! Scrub clean. That's what you do for this face that is acting up. Cleanliness is the most important factor in local treatment, not careful powdering of your nose 40 times a day, and cautious selection of the kind of rouge with which to adorn your poor checks. Soap! Don't pay a dollar for a beautifully scented bar that is basically the same as the good old cent brands. You may use ordinary soap on your face; buy a kind that you know is pure.

This cleanliness is more than skin deep. Cleanliness within is important too. And if you are filling up between classes with candy bars and chocolate sodas, don't expect the workings of your digestive system to respond as they should. If you are hungry eat fruits, not candy. Skip the pie and cake. Specialize in green vegetables, whole wheat cereals and bread rather than the highly refined white ones. Keep at a diet of this sort. You won't be sorry even if results are not noticeable the morning after.

After you have decided to keep religiously clean, there are other factors in local treatment that speed up the action and hasten the skin on the way to loveliness. Sunshine is a splendid ointment. Spend hours out of doors, and in the winter, resort to artificial sunlight if necessary. Ultra-violet and carbon arc lights are good substitutes and a doctor can prescribe and administer them. There's something about this sun treatment that turns ugly looking red spots into well-behaved dried patches that will fly away without the slightest help from itching fingers.

And speaking of these same fingers— it may be an amusing pastime to take a magnifying mirror, a strong light and a half hour's time for a digging party. There seems to be a fascination of some sort in prying into the blackheads and pustules, but find a new diversion. If they must be removed, there is a handy tool that drug stores sell called a comedo extractor, and it will do the job without bruising tender tissue around the blackhead. When using it, don't take any 15 minutes during the day that you have to spare. Wait until you can soften these dirt and fat deposits with hot water and a good lather of soap. Then go to the digging process. This is another time to remember cleanliness. Be sure that your hands are washed, that you apply alcohol to the affected portions of your physiognomy, and follow with a dash of cold water. Then sit back and be surprised at the wonderful manner in which your face will perk up.

Come and Take a Look
By Betty Melcher

IOWA STATE at work and play. That's Veishea—May 10, 11 and 12, this year—and the best time in the year for students to have guests and for guests to come to Iowa State. New and surprising attractions are in store for 1934 Veishea visitors. Doris dean Draper, of Ames, chairman of the Homemaker's Congress which formerly has featured contests for high school girls, announces that this year's congress will take the form of discussion groups among high school girls with college girls as leaders. Three discussion groups Thursday morning of Veishea will consider the fields of related arts, foods and nutrition, and child development. The change from contests to discussion groups has been made because, as a rule, two or three girls took all the prizes in every contest to the exclusion of the rest of the group.

Josephine Kennedy of Nodaway, chairman of Home Economics Open House, with her sub-chairmen, plans to open the doors to the choicest of the home economics prides and joys. The applied art laboratories will show girls at work making baskets, metal dishes and other crafts. There will even be a quaint little lady weaving at an old fashioned loom. A style show featuring Iowa State coeds and their most swanky creations will show the newest in late spring and early summer style. The showing will be continuous from 1 to 5 p.m. in MacKay Auditorium, May 11.

Calories, budgets, and meal planning will be given their just dues by the foods and nutrition displays. The Home Economics Education Department will have exhibits of garments made by high school students at Ames and Story City. The Householder Equipment Department is making plans to show off its most recent equipment and give Veishea visitors the opportunity to see coeds actually "go domestic."

And Veishea wouldn't be Veishea without the traditional cherry pies! They will be on sale at the end of the Home Economics Open House line, May 11.

One of the greatest changes in Veishea this year is the substituting of a recital of music and dancing for what has been the May Fete. Grace Raffety of Osceola is in charge of the recital. Girls in the advanced dancing classes will present interpretations of various musical numbers—from folk songs to religious selections—under the direction of Miss Madge Hill, assistant in the Physical Education Department. Music for the concert will be furnished by the Girls' Glee Club under the direction of Miss Rosalind Cook. The program has been specially planned to be a pleasing entertainment to the mothers on the campus during Veishea.

The second head of the Home Economics Division, Emma P. Ewing, had a reputation before she reached Ames. She had devised a systematic plan for helping southern women learn to cook after their negro help had been freed.

Dean Catherine MacKay instituted the beginning of research in the Department of Home Economics in 1919.